

Fridge Faith for Families

The fridge door is the message bank of most kitchens, where the whole family communicate about their lives. Therefore, a Lent Calendar 'countdown' to Easter seems a good way for families to remember that Lent is more than giving up some food or activity, it is a time of reflection and repentance, a time to study God's word, live simply and explore Lent traditions that have helped Christians in the past come closer to God.

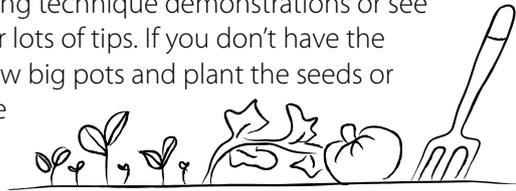
Simply Families

During Lent many families choose to give up something and contribute the money that would have been spent to a charity so that others may be blessed. They choose to live simply so that others may simply live. Talk with your family about this action/reflection idea. See www.lentevent.com for more information.



Gardening Families

Even though it is autumn many plants continue to grow. Plant some seeds and grow a winter vegetable or herb garden. It is the time to plant onions, leeks, carrots, broccoli, cabbages and peas. Do this as a family and show children how to prepare the soil and plant and water seeds. Many local councils have permaculture and other gardening technique demonstrations or see www.abc.net.au/gardening/ for lots of tips. If you don't have the right spot in the garden, get a few big pots and plant the seeds or seedlings in pots which have the advantage that they can be moved to follow the sun.



Living Water Prayer for Families

At the beginning of Lent, take a large water bottle (or use the one that is already in the fridge) and stick this prayer onto the side. Every time someone in the family has a drink of water they can say the prayer. This becomes a time for reflection and reminds us of the simple blessings of life.

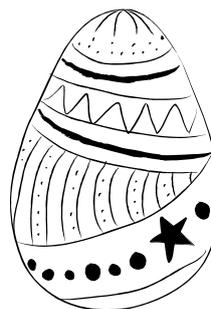
Thank you God for the daily blessing of clean cold water to drink. Help me to remember the many people in the world without clean water. May our family be creative in finding new ways to share our resources to bless others. Amen

Creative Families

As a family you could make a huge paper mache Easter egg. Take a balloon, blow it up and tie it off, then using glue and newspaper strips cover the balloon. Let this dry and then add another layer or two – until it is strong. When the glue is dry insert a pin to pop the balloon within the paper mache.

As a family you can then paint your egg any way you choose, or stick photos and pictures on it of meaningful things to your family. Then get an adult to either cut your egg in half or make a biggish slit in the top.

Over the weeks as we move towards Easter, you and your family can pop into the egg – notes, letters to each other, prayers, chocolate, treats, money for others in the world - whatever you choose.



And then crack open your egg on Easter Day for a treat!

Stories for Families

A bedtime story is an important ritual for many children. Make time every night to read a story with your children, and during Lent find some stories that you can talk about with your children on the Easter themes of hope, love, friendship, loss, trust etc...



If you have a children's Bible read the story of Jesus entering Jerusalem on a donkey, the Last Supper and Jesus' betrayal by his friends, his death and resurrection. C.S. Lewis's book 'The Lion, The Witch and The Wardrobe' is an excellent book to read to primary age children during Lent, or watch the movie together.

Blessings for Families

Many families find it difficult to sit together and eat a meal due to work, sport and homework commitments. Why not try and sit down together at least one night a week during Lent and before or after eating take time to talk together about your week: things you are thankful for and things that concern you. Light a candle and pray together as a family or say a simple grace like

Thank you God for our family, this time together and our food. Amen

For further ideas for graces or a six week Lenten guide for family devotions, see the website:

www.childrensministry.org.au/lent/